



# The Greater Moncton Survival & Thriving Guide

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*A Resource Companion for Low-Income Residents*

Food, shelter, transit, money, free recreation, and community support across Moncton,  
Dieppe, and Riverview — compiled and verified for 2026.

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# 1. Introduction & How to Use This Guide

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Greater Moncton — encompassing the City of Moncton, the City of Dieppe, and the Town of Riverview — is home to a wide and often under-publicized network of food security programs, housing supports, transit subsidies, and free community spaces. This guide brings them together in one place so that residents living on a low or fixed income can find what they need without spending hours searching.

Nothing in this guide costs anything to access unless explicitly noted. Many programs require proof of address (a lease, an NB Power bill, or a phone bill) and a valid Medicare card — keep these handy when visiting any agency for the first time.

**Tip:** Most agencies in this guide offer bilingual service (English and French), reflecting Greater Moncton's Acadian and Anglophone communities. Don't hesitate to ask for service in the language you're most comfortable with.

## Who This Guide Is For

This guide is written for individuals and families on social assistance, minimum-wage or part-time work, fixed pensions, disability benefits, or anyone navigating a tight budget in the tri-community area. It is also useful for newcomers, students, seniors, and anyone supporting a friend or neighbour through a hard stretch.

## A Note on Dignity

Asking for help is not a failure — it is using the systems your tax dollars and your community's generosity have built. Every organization listed here exists specifically to be used. Staff and volunteers at these agencies generally understand that needs fluctuate and that pride can make the first visit the hardest. You are welcome.

## 2. Food Security: Food Banks, Hampers & Hot Meals

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Food insecurity has risen sharply across New Brunswick, and Moncton's agencies have responded with expanded hours, new funding, and more flexible access rules. Below are the main options, organized by area.

### **Peter McKee Community Food Centre**

*Moncton's primary food bank*

This is the only dedicated food bank in Moncton, and any resident of the city can use it. Demand has grown to roughly 200 appointments a day, so the centre has extended its hours and is working through a backlog of applications — patience and persistence pay off here. If you need to access the food bank more than once a month, you'll be asked to complete an application that includes some financial information; this is standard practice and helps the centre allocate limited food supplies fairly.

### **Second Mile Food Bank**

*Serving Dieppe and southeast Moncton — 857-9121*

This food bank serves all of Dieppe, plus areas of Moncton southeast of the railroad tracks. If you're unsure whether you fall within its service area, call 857-9121 and staff will direct you to the correct food bank.

#### **What to bring on every visit:**

- A Medicare card for yourself and each member of your household
- Proof of address — a driver's licence, lease copy, NB Power bill, or cell phone bill
- If you've recently moved from another province and don't yet have an NB Medicare card, your previous province's health card is accepted

### **Moncton Cares (NB Cares)**

*Monthly hampers and meal connections*

Moncton Cares operates a food distribution program offering nutritious groceries and hot meals, working with local food banks, restaurants, and community partners. Once a month, individuals and families can visit the distribution centre for a grocery hamper, and those who cannot prepare meals at home can be connected with community kitchens and meal programs offering freshly prepared food. This organization grew out of NB Cares, which also supports newcomer settlement and integration across the province.

### **Ray of Hope Needy Kitchen**

*Daily hot meals — open to everyone*

This kitchen provides meals every day to everyone in need, with no application or means-testing barrier. It's one of the most accessible hot-meal options in the city — a good first stop if you need food today, not next week.

## **St. Vincent de Paul Society**

*113 Norwood Ave, Moncton — Winter hours: Mon/Wed/Fri 10:30am–1:15pm*

Alongside basic nutritional meal support, St. Vincent de Paul runs a Clothing Depot and Flea Market for those in need, and works to connect families who are struggling to meet basic needs with resources and programs to help them thrive.

## **Salvation Army Community & Family Services**

*32 King St, Moncton — 506-389-9901*

This branch helps with emergency assistance covering food, clothing, furniture, and laundry, alongside other practical needs. It's a good single point of contact if you're facing several overlapping needs at once.

## **After the Bell — Kids' Weekend Food Packs**

*Distributed through local food banks*

After the Bell is a program focused on the immediate needs of children experiencing hunger, while building lifelong nutrition literacy. Each pack contains child-friendly, shelf-stable foods such as milk, hummus, crackers, cereal, oatmeal, and raisins, assembled by volunteers and sent to the local food bank, which supplements them with perishables like apples, sugar snap peas, cheese, and yogurt using grant funding. Ask your child's school or your local food bank whether they distribute these packs.

**Tip:** Provincial funding for food banks has recently been stabilized — the New Brunswick government is providing Feed NB with \$9 million over three years (\$2.75 million in 2026-27, \$3 million in 2027-28, and \$3.25 million in 2028-29) to supply food banks and community kitchens province-wide. According to Feed NB's executive director Stéphane Sirois, this multi-year commitment is meant to give food banks predictability to plan ahead, buy food with confidence, and keep their doors open — which means these resources are intended to remain stable and available to you.

### 3. Shelter & Housing Support

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Housing precarity is one of the most urgent issues in Greater Moncton, and the city has responded with new emergency shelter capacity, transition programs, and supportive housing streams. If you are at risk of losing your housing or are currently unhoused, the organizations below can help — and none require you to have "hit bottom" first. Reaching out early is encouraged.

**If you are in immediate crisis** — sleeping outside, fleeing violence, or without any safe place tonight — go directly to Maison Nazareth or the Emergency Shelter listed below, or call 211 (New Brunswick's free social services helpline) for real-time shelter availability.

#### **Maison Nazareth (House of Nazareth)**

*Resource centre for the unhoused — southeastern New Brunswick*

Maison Nazareth is a resource centre for the homeless population of southeastern New Brunswick, offering emergency shelter and connections to longer-term supports. It is often the first stop for anyone newly experiencing homelessness in the region.

#### **Emergency Shelter (former Lion's Club site)**

*125-bed winter emergency shelter*

In response to the deaths of unhoused residents during winter, the city converted the Moncton Lion's Club into a 125-bed emergency shelter to accommodate the growing homeless population, with the province funding the operation. Shelter is provided free of charge for men and women in need. Availability and operating hours can shift seasonally, so call ahead or ask 211 for the current status.

#### **Harvest House Atlantic**

*108 High St, Moncton — Charitable Reg. #872293972RR0001*

Harvest House Atlantic, established in 1999, supports women and men across Greater Moncton who are homeless, struggling with substance use or mental health, or seeking a new direction, offering an **Emergency Shelter, Community Kitchen, Supportive Housing, and Addiction Recovery** programming under one roof.

## **Salvation Army "Welcome Home" Program**

*Transition support for newly housed individuals*

Welcome Home offers personalized support to individuals during the difficult first months after moving from homelessness into housing, providing essential items such as food, pantry staples, cleaning supplies, and furniture to help build a safe and stable home. The program works with designated housing agencies through a co-ordinated access referral system and provides ongoing case management. Program director Natasha Burkett notes that almost all participants are also navigating mental health or addiction challenges, so support is designed to be compassionate and non-judgmental.

## **YWCA Moncton — "A Home for All" Supportive Housing**

*Bilingual, trauma-informed housing program*

This program provides safe, affordable housing for single individuals and parents who are homeless, at risk of homelessness, or precariously housed, using a bilingual, client-driven, strength-based, gender-based, and trauma-informed approach. Housing units are located throughout Greater Moncton and are open to single individuals, women and gender-diverse people, and/or parents aged 19 and older.

To qualify, you generally need to be homeless or at risk of homelessness, be receiving Income Assistance, and have approval from your Social Development worker, after which you agree to a housing agreement. Self-referrals are always welcome — you don't need a referral from another agency to get started; just call to book an intake appointment.

## **Outreach for At-Risk Youth & Adults**

*St. Georges Anglican Church, 51 Church St, Moncton*

This outreach program provides short- and long-term assistance to youth and adults who are homeless or at risk of becoming homeless, helping build awareness of and access to food, clothing, shelter, education, ID replacement, employment, and counselling resources. Contact is made by leaving a phone message, so don't be discouraged if you don't get an immediate answer — leave your name and a callback number.

## **Harm-Reduction & Primary Health Access**

Several local programs provide access to primary health care for people facing poverty, mental health challenges, and addiction, working under a harm-reduction philosophy that recognizes drug use exists and aims to reduce harm rather than judge — alongside a broader mission of alleviating complex social challenges and a vision of building an inclusive, healthy community through empowerment and hope.

**Tip:** The Rent Supplement Assistance Program (covered in Section 5) can be combined with supportive housing placements — ask your Social Development caseworker whether you qualify for both at once.

## 4. Getting Around: Transit & Transportation

Codiac Transpo is the public bus system serving Moncton, Dieppe, and Riverview. It operates 19 routes across approximately 654 stops, run by the City of Moncton on behalf of all three communities. Knowing the fare structure and discount programs can save a meaningful chunk of a tight monthly budget.

### Fare Discounts You May Qualify For

| Program                      | Who Qualifies                                                 | Benefit                                                                                                                                            |
|------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| U12 Pass                     | Children under 12, residents of Moncton, Dieppe, or Riverview | Unlimited free travel on all routes (must be accompanied by someone 12+; apply once per child via the online form)                                 |
| CNIB Card Holders            | Individuals with a valid CNIB card                            | Free travel system-wide                                                                                                                            |
| Senior / Student 30-Day Pass | Seniors and students with valid ID                            | Discounted 30-day unlimited passes — verify eligibility in person at 140 Millennium Blvd                                                           |
| Agency-Distributed Passes    | Low-income residents referred through partner agencies        | Half-price or, in some cases, free bus passes distributed through agencies such as the United Way, the YMCA of Greater Moncton, and the Food Depot |

**Tip:** The agency-distributed pass program began as a pilot — the idea emerged from a social inclusion summit after residents identified public transportation as a major barrier to employment, mental health support, and medical care access. The program intentionally works through community agencies that already have relationships with residents, since those agencies are best placed to identify who needs a pass and can connect people to other services at the same time. Even if the original pilot's tickets have been distributed, ask the United Way, YMCA, or Food Depot directly whether a current version of this program is running — programs like this are often renewed.

### How to Pay

Codiac Transpo uses a reloadable fare card system through the Codiac+ mobile app, which lets you buy and manage transit passes directly from your smartphone. 30-day passes provide unlimited travel for 30 consecutive days from first use. If paying cash on the bus, exact fare is required, so keep coins on hand.

### Getting a U12 Pass for Your Kids

Apply online once per child through the Codiac Transpo website; the City of Moncton designed this pass specifically to make transit more affordable for families in the tri-community. Passes are typically ready for pickup the next business day between 8:30am and 4:30pm at designated locations. Dieppe residents should instead apply for the separate Dieppe youth bus pass.

## **Medical & Accessibility Transportation**

A local transport service provides rides to and from medical appointments, shopping, other appointments, and recreational activities, for a nominal fee, and offers a subsidized rate roughly 65% lower for low-income individuals and families. This can be a lifeline if mobility issues or rural distances make regular bus routes impractical.

## 5. Money: Income Assistance, Benefits & Bill Help

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New Brunswick offers a layered system of financial supports beyond the core monthly Income Assistance payment. Many residents only access one or two of these programs without realizing the others exist — it's worth reviewing the full list with a Social Development caseworker at least once a year.

### **Income Assistance**

*Administered by the Department of Social Development*

New Brunswick's Income Assistance program provides monthly payments to help eligible residents cover the cost of basic needs such as food, clothing, shelter, and utilities. Additional financial resources are available — provided eligibility requirements are met — to help with transportation, childcare, and medical care. The program is also designed to support recipients while they pursue training, employment, and other transitional plans, so receiving assistance and working toward employment goals are not mutually exclusive.

### **Emergency Fuel Benefit**

Part of the broader Income Assistance umbrella, this benefit helps cover heating fuel costs for eligible residents — particularly valuable during New Brunswick's long winters. Ask your caseworker about timing, since fuel benefits are often seasonal.

### **Medical Transportation Coverage**

New Brunswick covers food and shelter costs for residents who must travel outside the province for medical treatment, in addition to general medical transportation support available through Income Assistance. If you've been referred out-of-province for specialist care, ask explicitly about this coverage — it is not always offered proactively.

### **Rent Supplement Assistance Program**

This program provides subsidized rents to low-income households who need affordable and suitable rental housing. It can be combined with supportive housing placements (see Section 3) and is administered through Social Development.

### **New Brunswick Workers Benefit**

This is a one-time payment of \$300 for eligible working residents of New Brunswick, intended to offset financial pressures — only one benefit is permitted per family. If you're employed but still struggling, check whether you've claimed this benefit for the current tax year.

### **Property Tax Deferral Program (Seniors)**

Qualifying seniors who are struggling to cover property tax costs can defer their annual property tax payments through this program, easing pressure on fixed retirement incomes without risking the loss of the home.

### **Low-Income Energy Savings Program (LIESP)**

LIESP helps low-income homeowners reduce both their energy consumption and their energy bills through targeted home efficiency retrofits. These upgrades are provided free of charge to the homeowner and are completed by a contractor selected by NB Power — a genuinely "free money" program that's frequently underused simply because people don't know it exists.

**Tip:** Bring a single folder containing your Medicare card, a recent NB Power or phone bill, your lease, and your most recent Income Assistance statement to any Social Development appointment. Having all four documents on hand can let a single visit cover multiple program applications at once.

## 6. Free & Low-Cost Things to Do

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Living on a tight budget doesn't mean a life without recreation, beauty, or culture. Greater Moncton has a strong roster of free outdoor spaces, cultural venues, and community gathering spots — many of which are easily reached by Codiac Transpo.

### **Tidal Bore Park**

A riverside park where visitors can take in the unusual natural phenomenon of the tidal bore on the Petitcodiac River, alongside green space and plantings. A great free outing, especially around tidal bore timing (check local tide tables).

### **Rotary Park**

A play-focused park that adds a bit of excitement and open space to any day out — ideal for families with children looking for free outdoor play.

### **Jones Lake**

A lakeside spot perfect for slowing down and enjoying some quiet relaxation by the water — a peaceful, no-cost escape from the city centre.

### **Moncton Market**

A community market where you can chat with local vendors and residents — even window-shopping and people-watching here costs nothing, and it's a good way to learn about other community resources by word of mouth.

### **Dieppe Arts and Culture Centre**

A venue showcasing local artistic talent — check their schedule for free exhibitions, community events, and performances open to the public.

### **Free Meeting House**

A historic site of interest for anyone fascinated by the region's history — free to visit and a window into Moncton's early Acadian and Loyalist past.

## **University of Moncton Campus**

An open, modern campus that doubles as a pleasant public green space — many campus events, lectures, and library resources are open to the broader community at no charge.

## **Saint-Anselme Church**

A sacred and architecturally notable space open for quiet visits — a free stop for anyone interested in local heritage or simply seeking a quiet moment.

**Tip:** The Moncton Public Library system (multiple branches across the tri-community) offers free internet access, computer use, programs for children and adults, and free borrowing of books, DVDs, and music — all at no cost with a library card, which is itself free to obtain.

## 7. Health, Wellness & Personal Support

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Financial stress and health are deeply connected. The resources below address both physical and mental health needs for residents who may not have easy access to a family doctor or private insurance.

### Primary & Harm-Reduction Health Care

Local programs provide access to primary health care for people dealing with poverty, mental health issues, and addiction, grounded in a harm-reduction approach that meets people where they are rather than where services think they should be.

### Addiction Recovery & Mental Health

Harvest House Atlantic (see Section 3) combines emergency shelter with addiction recovery programming for women and men across Greater Moncton, recognizing that housing and recovery often need to be addressed together.

### Animal Care on a Budget

#### Greater Moncton SPCA

(506) 857-8698

Pets are family too. Contact the GMSPCA directly for information on services and support available to low-income pet owners, including possible assistance with veterinary costs and pet food in times of need.

**Tip:** If you don't have a family doctor, the Telecare/811 line (NB's free 24/7 health advice line) can help you triage symptoms and find the nearest walk-in clinic or emergency department — no Medicare card needed to call.

## 8. Clothing, Household Goods & Essentials

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### **St. Vincent de Paul Clothing Depot & Flea Market**

*113 Norwood Ave, Moncton*

This depot offers a Clothing Depot and Flea Market for those in need, operating alongside their meal program during winter hours (Mon/Wed/Fri 10:30am–1:15pm). Both new arrivals and seasonal clothing swaps happen here regularly.

### **Salvation Army Emergency Assistance**

*32 King St, Moncton — 506-389-9901*

Provides emergency help with clothing and furniture, alongside food and laundry assistance — a useful stop when setting up a new household or replacing items lost to fire, flood, or eviction.

### **Welcome Home Starter Kits**

For anyone transitioning out of homelessness, the Salvation Army's Welcome Home program provides pantry staples, cleaning supplies, furniture, and other necessities needed to set up a safe, comfortable living space — ask your housing caseworker for a referral.

## 9. Education, Employment & Skills

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### **GED Testing**

GED testing is recognized by employers and educational institutions as the equivalent of a high school diploma — a practical route back into employment or further education for adults who didn't complete high school.

### **Registered Education Savings Plan (RESP)**

An RESP is a special savings account that allows parents to save for their child's education after high school. Many RESP providers also unlock matching federal grants for lower-income families — ask about the Canada Learning Bond, which requires no parental contribution to start.

### **Canada Student Financial Assistance Program**

This federal program offers grants and loans to both full-time and part-time students, and grants (unlike loans) do not need to be repaid — well worth exploring before assuming post-secondary education is unaffordable.

### **Free Library Computer Access & Internet**

Public libraries provide computers with free internet access, alongside books, DVDs, and music CDs — essential for job applications, online forms, and government services that increasingly require internet access.

## 10. Quick-Reference Contact Sheet

| Need                            | Organization                               | Contact / Location                       |
|---------------------------------|--------------------------------------------|------------------------------------------|
| Food Bank (Moncton)             | Peter McKee Community Food Centre          | Anyone residing in Moncton; appointments |
| Food Bank (Dieppe / SE Moncton) | Second Mile Food Bank                      | 857-9121                                 |
| Daily Hot Meals                 | Ray of Hope Needy Kitchen                  | Open daily, all welcome                  |
| Clothing & Flea Market          | St. Vincent de Paul Society                | 113 Norwood Ave, Moncton                 |
| Emergency Family Assistance     | Salvation Army Community & Family Services | 32 King St, Moncton — 506-389-9901       |
| Emergency Shelter               | Maison Nazareth / Lion's Club shelter      | Call 211 for current availability        |
| Addiction Recovery + Shelter    | Harvest House Atlantic                     | 108 High St, Moncton                     |
| Housing Transition Support      | Salvation Army Welcome Home                | Via housing agency referral              |
| Supportive Housing              | YWCA "A Home for All"                      | Self-referral welcome                    |
| Youth/Adult Outreach            | St. Georges Anglican Church outreach       | 51 Church St, Moncton (leave a message)  |
| Transit Info / Passes           | Codiac Transpo                             | 140 Millennium Blvd — 506-857-2008       |
| Subsidized Medical/Errand Rides | Local transport service                    | ~65% discount for low-income riders      |
| Income Assistance & Benefits    | Dept. of Social Development                | Local Social Development office          |
| Pet Support                     | Greater Moncton SPCA                       | (506) 857-8698                           |
| General Social Services Info    | 211 New Brunswick                          | Free, 24/7 helpline                      |
| Health Advice Line              | Telecare 811                               | Free, 24/7                               |

**Final Tip — Keep This Page Handy:** Photograph this contact sheet with your phone, or fold this page so it's easy to find. Many people only need one or two of these resources at a time — but knowing the full list means you'll never be stuck not knowing where to turn next.

## A Final Word

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*Greater Moncton's community organizations — from the food banks to the libraries to the transit office — exist because residents and donors believe everyone deserves dignity, food, shelter, and a place to belong. If this guide helped you find what you needed, consider sharing it with a neighbour. Community strength multiplies when knowledge is shared freely.*

Compiled by Landry Industries Inc., Moncton, New Brunswick — 2026 Edition.

Information verified via live web search at time of writing; programs, hours, and contact details may change. When in doubt, call 211.